



Rides Supplement October 2009

Camberwell Downhill Gourmet Bike Riders

October Ride, Sunday 18th October

DESTINATION: To be advised

HOSTS: Bruce and Yvonne Dite

DETAILS: Details of ride will be published in the CDGBR Newsletter but should you not be on the mailing list, please contact the above named on 9852 1921.

Rides and Leaders for 2009

November 15th ? As you can see an organiser is still needed for November so think about offering your services.

Dinner: November 13th

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillsnc.org.au ; www.surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café Ripe, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2009

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is chosen on the day, unless specified. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).
- We generally meet at **10am** at the 'Place to meet' (see below). Check the timetable to catch a train to arrive before 10am. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short.
- Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

Those rides when Janet is not leading, alternative leaders will be listed.

All riders are requested to join COTA. We also recommend that riders join Bicycle Victoria.

Date	Place to meet	Description and distance	Grade
Oct 7 th *	Southbank footbridge MEL 2F F7	Short ride. Leader Peter Sperring.	Easy
Oct 14 th *	Yarra Boulevard, MEL 59 B1 (St. Kevin's boathouse) or ride from Flinders St. or Burnley station.	<i>A circuit of the city ~ 70km.</i> Ride the Gardiner crk, Scotchmans crk trails to Jells Park, then the Eastlink, Koonung crk and Main Yarra trails to return to start. Leader Ed Biggs	Medium
Oct 21 st	Southbank footbridge MEL 2F F7	Short ride	Easy
Oct 28 th	Meet at Meeniyah on the GS rail trail or Southbank at 10am.	<i>Ride the (GS) Great Southern rail trail to Foster and return ~ 64km</i> or meet at Southbank to choose a ride on the day.	Medium
Nov 4 th *	Southbank footbridge MEL 2F F7	Short ride. Leader Peter Sperring.	Easy
Nov 11 th *	Thomastown station MEL 8 J7	<i>Greenvale to the city ~50 km.</i> Link to Ring Rd, then Westmeadows Trail, Mickelham Rd (bike lane/path), streets to Greenvale Reservoir Park. Return by Yuroke crk, Broadmeadows Valley, Moonee Ponds crk trails back to City. Leader Les Dedy.	Medium with 1 long climb
Nov 18 th		Short ride	
Nov 25 th *	Heidelberg station MEL 31 K4	<i>Croydon to Box Hill station ~ 55 km.</i> Yarra, Koonung, Mullum-Mullum Trails to end. Streets to Croydon town. Down Tarralla Creek, Dandenong Ck Trails, then streets east past Blackburn Lake, to finish at Box Hill Station. Leader Les Dedy.	Hard
Dec 2 nd *	Southbank footbridge MEL 2F F7	Short ride. Leader Peter Sperring.	Easy
Dec 9 th	Jacana station MEL 6 G12	<i>Southbank via Craigieburn ~ 50km.</i> Moonee Ponds crk, Broadmeadows Valley Park trails and the back streets of Roxborough Park to Craigieburn. Return to city via Hume and Merri crk trails.	Medium
Dec 16 th	Royal Park station Mel 29 E11	Christmas lunch ride to Graduate House, 220 Leicester St., Carlton. Ring Janet to book	Easy

Whitehorse Cyclists Inc

Last updated September 25 2009

Date	Destination	Description	Distance and grade	Leader Contact
Sat ♦ 04/10 9:55 am Sun 05/10	Easy Cycle Camping Tour	Intro to cycle camping, carry tent, sleeping bag, mat, food, cooking utensils etc. Quiet campsite, cabin/on-site van available, licensed restaurant. ♦ Rides to Somerville,	44 E	Darby O ♦ T 9878 3589

		Tyabb,Hastings, Stony Point		
Sun 04/10 2:00 am	Daylight Saving Starts			
🏁 Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 04/10 9:30 am	Heathmont Brunch	Bike paths and quiet roads (M)Heathmont	30 M	Sandra B 9878 4179
Tue 06/10 9:30 am	Easy Tuesday Rowville	Bike paths and quiet roads, (M)Wellington Village	30E	Ken R 9753 3140
Tue 06/10 9:30 am	Hard Tuesday Yellingbo	Wandin, Beenak Rd, Yellingbo, Macclesfield Rd, Swales Rd, Macclesfield Rd, Monbulk, Olinda-Monbulk Rd, Olinda, Sassafras	80M/H	Bob B 0412 028 068
Thu 08/10 7:45 am	Seniors🔹 Festival Bush Poets🔹 Day	(L \$15.00)Rosedale Hotel, Traralgon, 17:05 train to MelbourneSee September Whitehorse Wheels.Reservations essential. 🔹	23E	Darby O🔹T 9878 3589
Thu 08/10 9:15 am	Deer Park Bypass Wellness🔹 Trail	9:28 train to Ginifer, St Albans (M)Watergardens, Caroline Springs, Deer Park Bypass Wellness Tr, Western Ring Road Path, (L)Service Centre, Federation Tr, Somerville Rd, Yarraville, Footscray Rd	50 M	Jacques F 9497 2306🔹 0421 732 274
🏁 Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 11/10 9:30 am	Family Day at Tahbilk Winery	Tahbilk (L, BYO), Nagambie, 17:05 train to Melbourne.See September Whitehorse Wheels.Reservations essential. 🔹	50 M	Darby O🔹T 9878 3589
Sun 11/10 9:30 am	?	?	?	?
Tue 13/10 9:30 am	Easy Tuesday Royal Botanic Gardens Cranbourne	Anniversary Tr, (M)Oakleigh Mall, Station Tr alongside railway line, Yarraman R/S, 11:28 train to Cranbourne (Zone 2),Ballarto Rd, (L)Royal Botanic Gardens Cranbourne(Optional entry to Australian Garden: \$9.80, \$8.35 cons), Cranbourne R/S	35 E	Jacques F 9497 2306
Tue 13/10 9:00 am	Hard Tuesday Werribee	City, Federation Tr, Werribee, Altona, City	70 M/H	Charlie S9894 3244
Tue 13/107:45 pm	Annual General Meeting and Elections	Corner Station & Combarton Sts Note change of date		Bob B 9801 2809
Thu 15/10 9:30 am	?	?	?	Bob B 0412 028 068
Thu 15/10 9:15 am	Easy Thursday Altona- Richmond	9:28 Train to Werribee, (B)Altona, (M)Williamstown, (B)Footscray, Docklands, (B)Flinders St (30km), Richmond	33E	Ken R9753 3140
🏁 Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 18/10 9:30 am	Stonnington Seriously Rich Ride	Gardiners Creek Tr, Main Yarra Tr, (M)Caf🔹 Kanteen	35M	Mike W 9509 1290🔹 0488 565 566
Mon 19/10 To Fri 23/10	Tatura Hub and Spoke	Visiting nearby towns eg: Kyabram, Stanhope, Murchison, Mooroopna, Shepparton	TBA	Bruce E 9848 4804
Tue 20/10 9:30 am	Easy Tuesday Abbotsford Convent	Capital City Trail, (M)Abbotsford Convent	31E	Joyce H 9877 3216

Tue 20/10 9:00 am	Hard Tuesday Big Loop	Main Yarra Tr, City, Beach Rd, Carrum, Eastlink Path	120?M/H	John C 0438 566 977
Thu 22/10 9:30 am	South and South-East	Gardiners Creek Tr, Scotchmans Creek Tr, (M)Huntingdale, (L)Braeside Park, Dingley, Noble Park, Sandown Park, Eastlink Tr, Mitcham	70E	Peter L9842 5193
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 25/10 9:30 am	Combined Warburton Rail Trail Ride with Wangaratta BUGS	Rail Trail, (L)Woori Yallock, (L)WarburtonTrain dep Box Hill 8:39am arr Lilydale 9:11.	50,80E/M,M	Maureen A 5722 4209 ♦ 0411 223 429
Tue 27/10 9:30 am	Easy Tuesday Heritage Ride	Kew, Hawthorn, Camberwell, (M)East Camberwell, Canterbury, Balwyn, Kew EastRSVP required to Chris for (M) by Tue 20 Oct	30 E	Chris W 9882 2604 ♦ 0407 313 447
Tue 27/10 9:00 am	Hard Tuesday Wallan	Wallan, Whittlesea, Arthurs Creek, Eltham	70 M/H	Barry McC 9848 1154
Thu 29/10 9:30 am	Brighton Beach	Gardiners Creek Tr, East Malvern, (M)Hughesdale, Murrumbeena, McKinnon, (L)Brighton, (B)Elwood, Port Melbourne, Southbank, (B)Richmond, Hawthorn, Camberwell, Canterbury	65E/M	Barry McC 9848 1154
Thu 29/10 9:30 am	Easy Thursday Warburton Rail Trail	Launching Place, (M)Warburton, Woori Yallock	30 E	Bernie F 9878 6640
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 01/11 9:00 am	Bayswater Circuit	Jells Park, Knox, Bayswater, Boronia, Dandenong Creek Tr (M)TBA	50 E/M	Ursula C 9803 6097 ♦ 0411 106 664
Tue 03/11 9:30 am	Easy Tuesday	?	?	?
Tue 03/11 9:30 am	Hard Tuesday Yarra Glen	Warrandyte, Kangaroo Ground, Yarra Glen, Lilydale RS	58 M/H	Charles L 9723 4523 ♦ ♦ 0431 592 874
Thu 05/11 9:30 am	Altona	Main Yarra Tr, Royal Park, Flemington, (M)(B)Yarraville, (B)Williamstown, (L)(B)Altona, Moonee Ponds Creek Tr, Westgarth, Ivanhoe	70 M	Mike T9859 3647
Thu 05/11 9:30 am	Easy Thursday Heidi Museum of Modern Art	Koonung Creek Tr, Main Yarra Tr, (M)Burgundy St, Banksia Park Loop, Heidi, Main Yarra Tr, Koonung Creek Tr	30+ E	Pat M 9898 0415
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 08/11 9:30 am	tba	?	?	?
Mon 09/11 To Fri 13/11	Easy Go East Gippsland Hub and Spoke	Day rides visiting nearby towns eg: Nicholson, Bruthen, Paynesville, Lindenow	TBA	Jacques F 9497 2306
Tue 10/11	South Australia	Supported ride through Fleurieu Peninsula,	600 App	Lindsay B

to Mon 23/11		Adelaide, Barossa Valley		9801 2809
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Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am (10:00am in August) Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687. Leaders can also provide additional information if required.**

EasyRide: every Tuesday and Friday **9:30am (10:00am in August)** – relaxed pace and informal, with break for coffee/snack/chat. **Contact: Les B. 9435 0615 for further details.**

HarderRide: every Tuesday and Sunday **9.00am.** BYO morning tea. Check program below.

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Manningham BUG

Rides are subject to change so

ALWAYS phone the ride contact close to the date of the ride to confirm details.

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Phillip Island weekend. Oct 10-11, Holiday house accommodation, details to follow.

Contact Gary 9439 5016.

Rutherglen weekend. Nov. 6-8. Camping or unit accommodation, details to follow.

Contact Gary 9439 5016.

Melbourne Bicycle Touring Club

Rides Program

October			
Sat 3 Oct	Fairfield loop to Park Orchards	70km medium	Peter
Sun 4 Oct	Club BBQ or Progressive Lunch	socially filling	Peter
Sat 10 Oct	Tandems only (Fed Square to Eltham)	40km easy	Tony
Sun 11 Oct	Trentham, Daylesford, Kyneton	76km medium	Rob

For information on the above rides, please contact the Touring Secretary, Paul Schofield 9444 0249, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>

Date	Ride Description	Bike Type	Distance (Kms)	Grade	Ride Leader	Booking Req'd	Ride Leader Contact
OCT							
Sat 3							
Sun 4							
Sat 10 & Sun 11	ANNUAL EVENT: Around The Bay In Two Days 2 to 3 different options More Information Here Entry Form Here	R/H/M	Various Refer to contact email for details	E/M and M/H	Nick Jackson (Organizer)	Y	nick@spraynozzle.com.au
Sat 17							
Sun 18							
Sat 24							
Sun 25	Wombat State Forest	M	30	M	Mark Burns		Mark.Burns@PSNWorld.com
Sat 31							
NOV							
Sun 1							